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Bangalore Mirror

TEMP Max 29 | Min 20 | Humidity 90% Partly cloudy sky Sensex 83,311 | Nifty 25,509 | Gold 1,21,910 | Silver 1,51,500 | Dollar 88.61 | Euro 101.85 | GBP 115.75

Get More with Shorts

If it doesn't help sell, what's the point?

Brands, scan to know more

Source: Google/Material, Power of YouTube Shorts, November 2023 (Base: India short-form video watchers, including YouTube Shorts and at least one other SFV platform, n=1,790), Field Dates: 11/7/23 - 11/22/23

YouTube Shorts

Get More with Shorts

72% Indians say YouTube Shorts helps them decide what to buy

6% lift in ROAS

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4.58% lift in consideration

#makeuphacks

Brands, scan to know more

70% lower CPV

#desibaddie

Results using YouTube Partnership Ads

Source: Google/Material, Power of YouTube Shorts, November 2023 (Base: India short-form video watchers, including YouTube Shorts and at least one other SFV platform, n=1,790), Field Dates: 11/7/23 - 11/22/23

YouTube Shorts

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Researchers studied samples of tomato, spinach, carrot, cabbage to find high concentration of heavy metals which experts say is caused by atmospheric deposition and use of contaminated water to irrigate land

RED FLAGS IN GREENS

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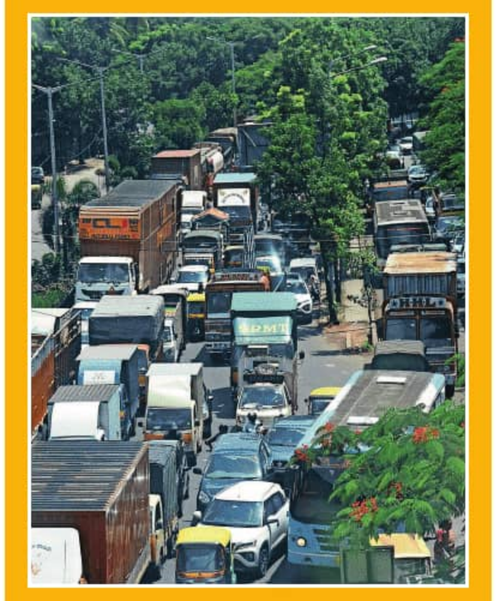
Four commonly consumed vegetables in Bengaluru, grown in surrounding rural areas and outskirts, are loaded with heavy metals, a fresh analysis has highlighted.

When four commonly consumed vegetables - tomato, spinach, carrot, and cabbage - from four sites in Hosakote, Nelamangala, Attibele, and Malavalli were studied to examine levels of heavy metals, the concentration of cadmium (Cd), chromium (Cr), lead (Pb), and nickel (Ni) was found to be alarmingly high.

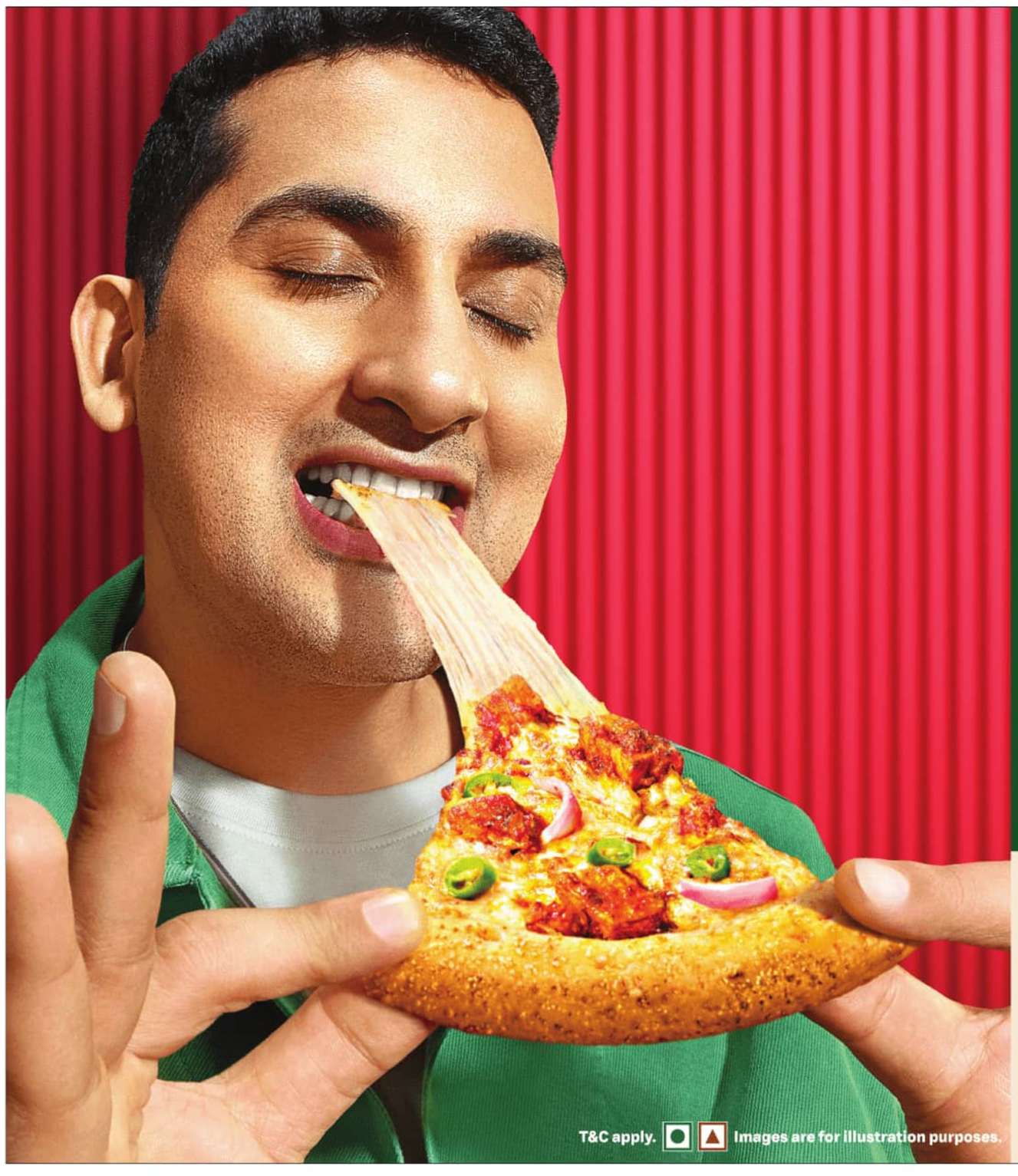
CONTINUED ON PAGE 8 >>

CITY / PAGE 7

BOTTLENECK BUSTERS



Cobra Beat to break the deadlock by clearing roads to ensure smooth flow of traffic during peak hours



THINGS TO DO

01 Musical reverie

Legendary Qawwali and playback singer Altaf Raja, whose unique blend of soulful qawwali, romantic ballads, and expressive lyrics continues to resonate with audiences across generations, will be bringing his iconic hits to life on stage. **Where: Phoenix Mall of Asia, Yelahanka; When: November 9, 8 pm**

02 Crafty by design

Craft Forward will be exploring the potential of craft through contemporary collaborations between artisans and designers. It includes workshops, a shadow puppetry play and talks by practitioners who use craft in fields like conservation and animation. The exhibition (open through the month) showcases crafts in new-age mediums such as branding, packaging, and animation. **Where: Courtyard Koota, Kengeri; When: Launching November 7, 5 pm**

03 Jazzed up

Derek & The Cats, a Bengaluru-based jazz funk collective led by pianist and composer Derek Mathias, will be performing live. Known for their infectious blend of jazz, funk, and house, the band's performances are a burst of groove and energy. **Where: Windmills, Whitefield; When: Nov 7 & 8, 9.30 pm**

04 Terms of speech

National Law School of India University and Ikigai Law will be hosting an evening policy dialogue, bringing together voices from government, academia, media, and technology to discuss practical and constitutional approaches to online speech. **Where: Welcom Hotel by ITC Hotels – Richmond Road; When: Nov 7, 4.30 pm**

05 Vocal point

A one-day choir of amateur singers invites voices of all skill levels to gather, harmonise, and sing in a community. Participants will be rehearsing and performing Chiquitita by ABBA, exploring vocal harmony in a relaxed, inclusive setting. No prior experience required. **Where: Atta Galatta, Indiranagar; When: November 8, 3 pm**

Yoga-based intervention shows better diabetes impact

Study finds yoga to be more effective than conventional physical exercise for Type 2 diabetes control, by offering significantly greater reduction of glycated haemoglobin levels

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A year-long study by National Institute of Mental Health and Neurosciences (NIMHANS) researchers has demonstrated that yoga-based lifestyle interventions outperform conventional physical exercise in controlling Type 2 diabetes, offering an evidence-based approach for millions managing the condition.

The randomised controlled trial, led by Dr Hemant Bhargav, Associate Professor at the Department of Integrative Medicine, NIMHANS, found that participants following a structured yoga regimen as an add-on to their conventional diabetes treatment achieved a 22.06 per cent greater reduction in HbA1c (glycated haemoglobin) levels compared to those doing regular physical exercise alongside their standard medication.

"Although both interventions significantly reduced glycated haemoglobin levels and waist-hip ratio at 12 months, the yoga-based group demonstrated superior glycated haemoglobin reduction compared to the exercise group at 6 months and 1 year," explained Dr Bhargav, adding that this translates to a mean difference of 0.80 units at six months and 1.25 units at one year—a clinically significant improvement.

Dr Bhargav emphasised the clinical impact of these results. He said that studies show that each 1 per cent reduction in HbA1c is associated with a 21 per cent reduction in diabetes-related deaths, 14 per cent reduction in heart attacks, and 37 per cent reduction in microvascular complications—making the 1.25-unit reduction achieved in this study potentially life-saving.

The study design

The trial enrolled 160 adults aged 30-70 with Type 2 diabetes, randomly dividing them into two groups of 80 each. Importantly, all participants continued their routine standard care including oral hypoglycemic agents and/or insulin as prescribed by their treating endocrinologists throughout the study period. The lifestyle interventions were offered as add-ons to this conventional treatment.

The yoga group underwent supervised one-hour sessions five days a week for the first month, followed by 11 months of tele-supervised practice with weekly yoga philosophy discussions—a model that proved particularly relevant during the COVID-19 pandemic era.

The physical exercise group followed a matched programme of structured exercises and health education sessions, ensuring both groups received comparable time and attention from instructors, in addition to their ongoing medical treatment.

Medications were carefully monitored and adjusted by endocrinologists who were blinded to the group allocation.

Beyond blood sugar: A holistic transformation

The study's comprehensive assessment extended beyond glucose control. Participants in the yoga group experienced significant improvements in depression scores and body mass index. The study also highlighted the potential of non-invasive imaging technologies for monitoring diabetes, especially for mass screening. Using thermal imaging and Gas Discharge Visualisation (GDV) technology to measure physiological changes, researchers found that yoga practitioners showed improved blood circulation, particularly in facial regions and extremities—areas often compromised in diabetic patients due to poor microvascular circulation.

Why yoga works better

According to the researchers, yoga's advantage stems from its emphasis on mental and emotional well-being alongside physical practice. Unlike conventional exercise that focuses primarily on physical conditioning, yoga integrates breath regulation, mindfulness, meditation, and philosophical teachings that promote mental calmness and stress reduction."Yoga is not about 'working out,' it is about 'working in' or inwards—it's a way to restore balance in life," explained Dr KN Manohar, lead physician at Sparsh Hospital and lead co-investigator in the study.

"During conventional exercise, the mind may wander freely while the body works mechanically. In contrast, mindfulness is inherent to yoga practice, requiring focused attention on breath, body alignment, and mental state," added Dr Bhargav.

Teen treated for rare intestinal twist

A 16-year-old boy was treated for midgut volvulus with midgut malrotation, a condition in which the intestines do not rotate properly during development. The patient was admitted with abdominal pain and vomiting, and a CT scan confirmed the diagnosis. Dr Vamshi Krishna, General Surgeon at Medicover Hospital, performed an exploratory laparotomy with Ladd's procedure to correct the twisting of the intestines. "This case is extremely rare. Midgut malrotation is mostly seen in infants. In this case, it appeared at age 16. Without timely surgery, the intestines could have turned gangrenous. Immediate diagnosis and surgery saved the patient's life," said Dr Krishna. **— BMB**

Government to rename 29 universities after eminent personalities

In a major symbolic move, the Karnataka government has decided to rename 29 universities across the state — currently identified by their district or regional names — after prominent social reformers, rulers, and achievers who have made lasting contributions to the state's heritage and progress. According to official sources, four names have been finalised in the first phase: Basavanna, Kanakadasa, Nalvadi Krishnaraja Wadiyar, and former Chief Minister Devaraj Urs. The government is now seeking opinions from university registrars on which institutions should bear these names. A circular has been sent to all universities, directing them to provide inputs on appropriate associations between the achievers' legacies and the universities' regional or cultural identities.

Higher Education Department sources confirmed that Chief Minister Siddaramaiah has approved the initial proposal, and Principal Secretary Dr Shalini Rajneesh has been asked to gather feedback before placing the final recommendation before the state cabinet. Currently, nine of Karnataka's universities are already named after distinguished personalities, while the remaining carry geographical identifiers such as Bengaluru, Mysuru, Dharwad, and Kodagu. Universities in Mysuru, Bengaluru, Kalaburagi, Dharwad, Mangaluru, Tumakuru, Davangere, and others have been asked to submit their views. The debate has particularly intensified around Mysuru University, with strong suggestions for either Nalvadi Krishnaraja Wadiyar, the visionary ruler credited with Mysuru's modern development, or Devaraj Urs, the reformist leader known for championing social justice. **— BMB**

Another round of milk price hike?

Barely days after the Karnataka Milk Federation (KMF) hiked the price of Nandini Pure Ghee by Rs 90 per litre, speculation is now rife over a possible milk price hike. Speaking to reporters, KMF officials hinted that "milk prices in Karnataka remain lower compared to other states," and that payments to milk producers need to be revised upward. "A proposal has already been submitted by the unions to the board in this regard," they said, though clarifying that "no specific rate of increase has been mentioned yet."

With the revised ghee price now at Rs 700 per litre (up from Rs 610 earlier), KMF has attributed the hike to rising costs in

the global dairy market. Officials explained that the earlier cut in GST had temporarily brought prices down by Rs 40, but the upward trend has now become "unavoidable." While prices of other Nandini dairy products remain unchanged for the time being, industry insiders suggest that growing pressure to ensure fair compensation for dairy farmers may soon prompt another upward revision in milk prices.

— BMB

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Stray cattle and garbage snarl Shivanagar flyover

At the entrance of the Shivanagar flyover from the Tollgate side, a growing menace of stray cattle and scattered garbage is causing daily chaos for commuters. What should be a smooth entry point has turned into a bottleneck where vehicles slow down or halt completely to avoid cows feeding on heaps of trash.

Locals say the situation has worsened over the past few months. "Every morning, you'll see piles of garbage dumped right near the flyover. The cows come searching for food and block half the road," said Ravi Kumar, a regular commuter. "It's dangerous, especially during peak hours when buses and trucks try to squeeze through."

The sight of garbage along the flyover raises concerns about civic discipline. "One wonders who keeps dumping trash in such places. There are dustbins and collection points nearby, yet people choose to litter on the road," said Meena Gowda, a local resident. Officials admit that waste mismanagement and open feeding spots attract cattle. "Cows are drawn to food waste—vegetable peels, fruit scraps, leftover food—thrown carelessly by residents and vendors," said a GBA official. Environmentalists warn it's becoming a public health hazard needing urgent action. **— BMB**

Carmelaram's wait for smooth roads continues

Stalled road works, flooding, delays, land issues continuing, residents appealing officials for progress, proper planning, improved safety, smoother commute

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Residents of Carmelaram are facing severe mobility issues due to stalled infrastructure projects and incomplete road stretches choking daily traffic. With rapid residential growth and a surge in IT commuters over the last decade, residents say the area's road network has failed to keep pace, leaving thousands stranded in long jams and unsafe conditions. The Carmelaram railway crossing, a lifeline for residents commuting toward Sarjapur Road and Outer Ring Road (ORR), has turned into a major bottleneck. The manually operated level crossing was closed for the long-delayed Railway Overbridge (ROB) project, but land acquisition issues stalled the work midway.

"The land acquisition was not completed. It has been left halfway for the last one and a half years. Earlier, Carmelaram was not that crowded, but in the last 10 years many residential complexes have come up, and the IT crowd has increased. The crossing was completely shut because of work, and traffic was forced Jose, RWA member, Bellandur.

With the closure, commuters are funnelled into Ivy Lane, Janatha Colony Road and Gear School Road, where internal roads were never meant to handle such heavy traffic. Gear School Road connects Sarjapur Road, Kadubeesanahalli, and ORR, making it a critical but severely burdened stretch.

The situation worsens near Carmelaram railway station, which recently reopened to the public. However, residents say access remains

Gear School Road connects Sarjapur Road, Kadubeesanahalli, and ORR, making it a critical but severely burdened stretch

restricted. "Only a narrow stretch is open, and not all vehicles can pass. Even that stretch is in bad condition due to the ROB work," added Jose.

Another key link, the long-promised 100-ft CDP Road connecting Carmelaram to Sarjapur, remains partially completed. Residents say the stalled stretch, now slushy and waterlogged, has turned into a small lake, posing danger to two-wheelers and pedestrians. Despite some patchwork repairs, citizen groups say the core infrastructure problems remain unaddressed. "While we appreciate the recent pothole filling and asphalting work happening around our area, our main concern remains unresolved," said Harsha K P of Carmelaram Unite Citizen Forum.

"We need complete asphalting of Ivy Lane Road and the pending 300-metre stretch on the 100-ft Road. The ROB work is progressing, but residents are unsure about the next steps after pillar 5. There's uncertainty around land acquisition, which affects planning for ramps and service roads. We hope authorities share updates soon to ensure smooth connectivity and safety," said Harsha. Harsha also pointed out that the 100-ft Road now looks like a mini lake. Only half of the road was asphalted while the other half remained muddy due to land issues. With thousands relying on this corridor to access ORR tech hubs and Sarjapur Road, residents say delays are costing them hours each day and increasing safety risks.

A commuter from Carmelaram said, "What used to be a 30-minute commute now takes over one and a half hours. We leave early and return late, not because work is far, but because we are stuck in jams caused by incomplete work. Our lives revolve around roadblocks and diversions — it's exhausting and unfair to residents who have waited years for proper connectivity." Clement Jayakumar, Secretary of Mahadevapura Task Force, said, "The land acquisition for Carmelaram ROB work is not progressing because landowners don't want TDR. They want cash compensation, and that needs to be resolved. For the CDP Road, land acquisition was also an issue, but as of last week it's in the final stage. Once landowners register with the revenue department, the road work will be completed. If the CDP Road is finished, it will bring major relief to commuters."

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Abandoned vehicle

Vivek Nagar

An abandoned vehicle on 4th Main between two crosses in Vivek Nagar has turned into a hideout for drug addicts, posing safety concerns and demanding urgent removal.

Unsafe stretch

Bannerghatta Road

The stretch from opposite the hospital to Arekere on Bannerghatta Road, is riddled with potholes, making commuting difficult and unsafe for motorists.

F.No. BAN/LANDS/113/E-AUC/III
Defence Estates Office, Karnataka Circle
K. Kamaraj Road, Bangalore - 560 042.
Ph: 080-25367213

E- AUCTION NOTICE

The intending bidders are invited to participate the E-Auction for Cutting and removal of 42 Nos. of various kinds of standing on Defence land inside the campus of **ASC Centre & College, Bangalore** will be conducted through E-Auction portal **(www.eauction.gov.in)** on **19.11.2025** between **1100 hours.**

The intending bidders are requested to visit the above mentioned E-Auction website and follow the instructions for creating/registering profile for bidding. Terms and conditions of the sale are available in the Public Auction Notice. The participants may download the same from the website mentioned above and submit a Demand Draft/Banker's Cheque for **Rs.6,000/- (Rupees Six Thousand only)** in favour of **Defence Estates Officer, Karnataka Circle, Bangalore** as Earnest Money Deposit to this office for participating the auction, failing which they will not be allowed to participate in the auction. Bid auto extension will be 10 minutes.

BAN/LANDS/113/E-AUC/III/
Station: Bangalore. Dated: 06, Nov, 2025.

Sd/- **Defence Estates Officer**
Karnataka Circle, Bangalore

Waste-to-energy plant lights up city homes

Bengaluru's daily garbage is now lighting up approximately 25,000 homes. The Bidadi waste-to-energy plant near Ramanagara generates 11.5 megawatts of power each day using about 600 tonnes of segregated dry waste collected from across the city, according to Bengaluru Solid Waste Management Limited (BSWML) CEO Karigowda. The facility, developed jointly by Karnataka Power Corporation Limited (KPCL) and the Greater Bengaluru Authority (formerly BBMP), marks a significant step in turning waste into a renewable energy source while reducing landfill dependency.

₹314 crore project

Constructed on 163 acres under the Design, Finance, Construct, Operate and Transfer (DFCO&T) model, the plant cost ₹314.74 crore, with KPCL and the city authority sharing expenses equally. Currently, around 400 tonnes of refuse-derived fuel (RDF) from legacy waste at

Since June 2024, Bidadi plant processed 1.68 lakh tonnes waste, generating 54 million units' electricity

Mandur and dry waste collection centres, along with 200 tonnes of household plastic waste, are sent to the plant daily. Officials plan to increase dry waste supply to 500 tonnes per day by the end of November 2025.

Reduced landfill load

With segregation now mandatory, more waste is being diverted from landfills to energy generation. Compact waste trucks headed for landfills have dropped from 390 to 340 per day, officials said. "This is Karnataka's first facility generating power from waste," said KPCL Executive Engineer Satish Kumar. "It helps reduce roadside dumping, burning of garbage, and landfill pressure." He added that the plant operates without air pollution, with deodorising measures in place to control odour.The plant burns waste in a boiler at 1,200°C to produce steam, which drives turbines to generate electricity. All operations are monitored 24×7 from a central control room, with the plant running in three shifts.

Over 54 million units

Since operations began in June 2024, the Bidadi plant has processed 1.68 lakh tonnes of waste and produced over 54 million units of electricity. Officials estimate that if segregation improves, three more such plants could supply power to one lakh homes. **— BMB**

Deadly dose and digital slip expose doctor's double life

Surgeon's calculated plan to kill his wife and mask it as illness collapsed when forensic evidence and digital trail from payment app exposed his sinister identity

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What Dr GS Mahendra Reddy thought was the perfect crime turned out to be his undoing — not through a missing clue or a suspicious witness, but through a careless message on PhonePe. The chilling text, "I have killed Kruthika," sent to his four-month-old girlfriend, became the single piece of evidence that exposed the brutal murder of his wife, Dr Kruthika Reddy, and shattered his double life.

A fatal dose of trust

According to the investigation, Mahendra meticulously planned the murder over eleven months. In April 2025, 28-year-old dermatologist Dr Kruthika Reddy was found dead at her residence in Bengaluru's Ayyappa Layout. Her husband, Dr Mahendra Reddy, a surgeon on contract at Victoria Hospital, told her family she had died of a sudden illness. The couple had married barely a year earlier, in May 2024, after what friends described as a promising medical match. Initially, there was no suspicion — Mahendra had won the trust of Kruthika's parents and even discouraged a post-mortem, claiming it

was a "natural death." But fate — and forensic science — had other plans.

On April 21, Kruthika complained of gastric discomfort. Using his medical credentials, Mahendra injected her with anaesthetic drugs — propofol — under the guise of treatment. Over three consecutive days, he increased the dosage. At around 3:30 am on April 24, he administered 20 ml — a lethal overdose that stopped her heart. By morning, he called her parents in feigned panic and rushed Kruthika to a nearby private hospital, where doctors declared her dead on arrival. The family believed his story; after all, he was the doctor they trusted most.

Calculated betrayal

Months after the murder, as Mahendra tried to rekindle contact with his ex-girlfriend, she began receiving strange messages on WhatsApp — 'feeling alone', 'nobody understands me'. When she blocked him, he turned to PhonePe's message feature to reach her again. That's when he sent the fateful text: "I have killed Kruthika."

A police official said, "This bizarre confession, intended to evoke sympathy, became a turning point in the investigation. When the police later accessed his phone records, they discovered the message — a digital confession hidden in a payment app. Investigators traced the message to his girlfriend, who corroborated it before a magistrate, making her a key witness in the case."

Six months later, in October 2025, forensic reports confirmed traces of propofol — a potent anaesthetic — in Kruthika's body. The level was high enough to cause respiratory arrest. Inspector PN Anil Kumar and his team re-examined the case, confronted Kruthika's parents with the FSL report, and filed a fresh complaint against Mahendra. Police arrested him in Manipal, where he was working, and during interrogation, Mahendra broke down and admitted to killing his wife to "avoid suspicion and end a strained marriage."

Mahendra tried to appear as a grieving husband while planning to move on, but a PhonePe message exposed him. "He never imagined a single line would ruin his plan," said a senior officer. "Arrogance, not intelligence, gave him away."

Man, child found dead after family crisis in Mulbagal

A 37-year-old electrician allegedly strangled his five-year-old daughter to death before taking his own life on the outskirts of Mulbagal on Wednesday. Lokesh of Mudiyanur and his daughter Niharika were found dead, the latter inside a nearby car. Distressed over his missing wife, Lokesh allegedly took the extreme step, police said. Locals alerted authorities after spotting him hanging from a tree. Mulbagal Rural Police have registered a murder-suicide case, and the bodies are undergoing post-mortem. –BMB

(If you or someone you know is struggling with suicidal thoughts, reach out to Tele-Manas Helpline: 14416 or 1800-891-4416, SAHAI Helpline: 080-25497777.)

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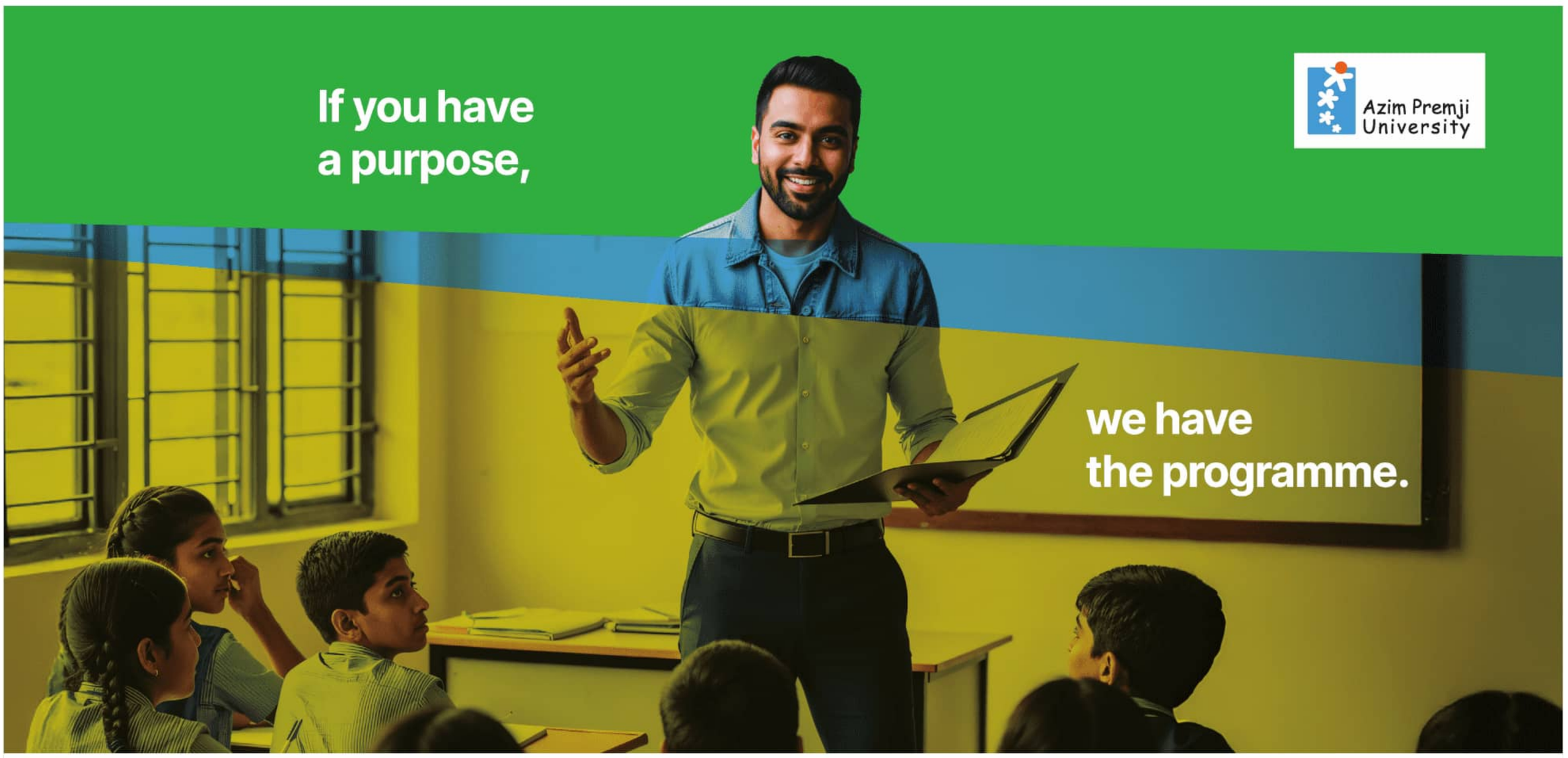

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‘Reckless, negligent’ transfer killed gaur, allege conservationists

Police case lodged in animal’s death case; BBP officials face inquiry after pregnant gaur dies during transport, exposing protocol lapses, veterinary negligence

Y Maheswara Reddy
c-y.reddy@timesofindia.com

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Female gaur was tranquilised for transfer and showed signs of distress despite veterinary support. The animal died on October 31

Female Indian gaur died during transfer to a quarantine enclosure, revealing serious procedural lapses. Conservationists and activists demand accountability, citing breaches of zoo authority rules and wildlife protection laws

The Bannerghatta Biological Park (BBP) Executive Director has issued show-cause notices to a Range Forest Officer (RFO) and an Assistant Director (AD) for alleged negligence leading to the death of a female Indian gaur during transportation to a quarantine enclosure. The animal, captured as part of an exchange operation between BBP, Bengaluru, and Nehru Zoological Park, Hyderabad, reportedly died on October 31 despite continuous veterinary intervention and prolonged medical efforts to revive it.

According to BBP Executive Director Surya Sen, a postmortem was conducted by an external veterinary pathologist to ensure transparency. The report revealed that the gaur was pregnant at the time of death. “We have arranged a postmortem by a veterinary pathologist from outside. All measures were taken to ensure the process was conducted freely and fairly. Based on the report, I have issued notices to the RFO and AD seeking an explanation, which was due by November 6,” Sen said.

Sources said the incident occurred around 11 am on October 31, when the gaur, after being tranquilised for transfer, showed signs of distress despite veterinary support. Though medical assistance was provided immediately on site, the animal could not be revived. The postmortem was carried out by experts from the Institute of Animal Health and Veterinary Biologicals and a senior wildlife veterinarian from Bannerghatta National Park. The show-cause notices were formally issued on November 5 following a detailed preliminary inquiry.

The death has sparked outrage among wildlife conservationists, who have condemned what they described as a “reckless” and “unethical” capture operation. “The tragic and preventable death of a heavily pregnant Indian gaur due to the reckless darting operation by Dr Anand is an unforgivable breach of ethical and legal standards,” said one conservationist. “It shows gross negligence and disregard for animal welfare. The loss of the gaur, its unborn calf, and even a deer during this operation points to deep irresponsibility. Immediate suspension of Dr Anand is imperative pending a transparent investigation.”

Adding to the criticism, Kiran Kumar, president of the Green Army Force, lodged a police complaint at Bannerghatta Police Station on November 5, demanding stringent action against those responsible. He also wrote to Forest Minister Eshwar Khandre, urging the suspension of the officials involved. “The incident raises serious concerns over negligence and violation of animal welfare and wildlife protection laws. The pregnant gaur, a protected Schedule I species, was subjected to chemical immobilisation against established norms,” Kumar said.

According to Central Zoo Authority (CZA) protocols, transportation of wild animals must exclude vulnerable categories such as pregnant, geriatric, lactating, sick, or injured animals. CZA guidelines clearly recommend that only healthy adult or subadult animals be transported to prevent undue stress or fatalities during capture or relocation.

The BBP authorities have assured that accountability will be established following the explanations from the officials concerned. The Forest Department is expected to review the standard operating procedures for animal capture and transportation to avoid such incidents in the future. The incident has reignited calls for stricter enforcement of wildlife welfare protocols, enhanced staff training, and greater oversight of veterinary and zoo management practices in Karnataka.

RMC proposes tax overhaul, asset monetisation

A sweeping plan for a restructured tax regime, enhanced asset monetisation, and institutional strengthening has been proposed to reinforce Karnataka’s fiscal stability and sustain its economic momentum. The Resource Mobilisation Committee (RMC), constituted in August 2024, presented its final report to Chief Minister Siddaramaiah on Thursday, recommending comprehensive reforms to broaden the state’s tax base, optimise non-tax revenue sources, and ensure long-term fiscal sustainability.

The report urges a reform of the state’s tax structure to reduce dependence on a few major sources, such as commercial taxes and excise duties. It calls for rationalising existing taxes, modernising the excise system through auction-based digital licensing, and improving transparency and efficiency in collections. The committee also advocates for the rationalisation of user charges across utilities and the introduction of volumetric billing with automatic inflation indexation to ensure sustainable cost recovery. To boost non-tax revenue, the RMC recommends unlocking the value of government assets through scientific valuation, systematic surveys, and expansion of public–private partnerships in asset leasing. It highlights untapped opportunities in urban land monetisation and long-term leasing of government properties. **–BMB**

Shakti scheme drives gender mobility shift

A new study by Azim Premji University reveals how Karnataka’s Shakti scheme, launched on June 11, 2023, has transformed Bengaluru’s public transport landscape. Women’s ridership on BMTC buses has surged 2.5 times, stabilising at a 60:40 ratio in favour of women—marking a structural shift in urban mobility. The report, Gender, Welfare and Mobility: Impact of Shakti Scheme on BMTC Transport Transformation, analyses 2.89 crore trips between January 2023 and January 2025, showing women now dominate several central business district routes. Uptake is highest in northern, western, and central Bengaluru, while peri-urban migrant areas lag due to weaker BMTC coverage and exclusion of non-resident women. The study notes increased ridership along Metro feeder routes, though buses remain preferred due to zero fares. Authors Arjun Jayadev and Tamoghna Halder urge expanding BMTC’s fleet, improving last-mile connectivity, integrating with Metro services, and extending scheme access to migrant women for inclusive, sustainable urban mobility. **–BMB**

Ex-MP takes aim, bags bronze at Indian Open

Anil Lad, who regularly features in state-level rifle shooting championships, overtook some of India’s finest marksmen in the 40–60 senior age category to win medal

Ikram Khan
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TWEETS @BangaloreMirror

Former Member of Parliament Anil Heeroji Lad made Karnataka proud, winning a medal in the highly competitive Indian Open Shotgun Championship at Patiala. The sharp shooter, competing in the Double Trap Shotgun event, produced a stellar effort to secure a podium finish, clinching the bronze medal to the delight of the Karnataka contingent and fellow marksmen who cheered his remarkable comeback performance.

Lad, who regularly features in state-level rifle shooting championships, faced some of India’s finest marksmen in the 40–60 senior age category. The competition was intense, but the experienced shooter displayed composure and precision when it mattered most to edge ahead in a close encounter and secure third place after a thrilling final round.

Apart from his achievements on the range, Anil Lad is also known as a strong promoter of shooting sports in India. He has been supporting many young and talented shooters by providing them with financial aid, supplying firearms for national and international events, and sponsoring their coaching programs to help them reach global standards.

“We have many promising shooters in India who can make their mark at international levels. What they need is proper support and encouragement from associations and individuals passionate about the sport,” said Lad. Referring to the inspiration drawn from Olympic champions like Abhinav Bindra, Manu Bhaker, Sarabjot Singh, and Swapnil Kusale, Lad noted that more youngsters are taking up shooting seriously. “India has already won seven Olympic medals in shooting, and many more will come in the years ahead,” he added.

He also praised Karnataka’s growing shooting infrastructure, stating that the state’s ranges and coaches are providing excellent platforms for emerging talent. “Any youngster who has the talent but lacks financial means can approach me. I will personally support and guide them to hit the bull’s-eye,” Lad said, elated after his medal-winning performance in Patiala.

Apart from his podium finish, Lad is nurturing India’s shooting talent by funding equipment, sponsoring coaching programs, and mentoring young marksmen, reinforcing Karnataka’s growing presence in national shooting circles

Anil Lad aiming high in the Shotgun Open Championship at Patiala

City's traffic problem gets a new solution

Bengaluru Traffic Police launch new 'Cobra Beat' aimed at managing issue at micro level through active enforcement and swift response; around 240 Cobra personnel deployed citywide

Atiya Firdos
c-syeda.atiya@timesofindia.com
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IN FOCUS
Mobility move

A city celebrated globally for its IT prowess but equally infamous for its gridlocked roads, has now made its traffic management a talking point across the world. With congestion emerging as one of the most pressing civic challenges, the Bengaluru Traffic Police (BTP) has rolled out a specialised 'Cobra Beat' system aimed at tackling the problem at a micro level through continuous ground enforcement and rapid response.

'Cobra Beat' initiative aims to alleviate traffic congestion by managing situations that contribute to pile-ups

How does the system work?

According to officials, each traffic police station in the city has three to four Cobra teams, based on jurisdiction size and local traffic density. Every team is assigned two key high-traffic stretches, usually the ones that cause congestion and ripple effects on nearby roads.

"The main duties of the Cobra teams include attending to accidents and vehicle breakdowns, removing no-parking vehicles, responding to emergency calls through 112, assisting during VIP and ambulance movement, and supporting traffic staff during major congestions," explained Karthik Reddy, Joint Commissioner of Police (Traffic), while speaking to BM.

> **"Main duties of the Cobra teams include attending to accidents and vehicle breakdowns, removing no-parking vehicles, responding to emergency calls through 112, assisting during VIP and ambulance movement, and supporting traffic staff during major congestions"**
> –Karthik Reddy, Joint Commissioner of Police (Traffic)

Citywide, around 240 Cobra personnel are currently deployed, each trained to manage real-time situations that contribute to traffic pile-ups.

Enforcement with awareness

Beyond maintaining vigil, Cobras have been authorised to clamp vehicles and issue violation notices. The intent, officials said, is not only to enforce discipline but also to spread awareness about safe and lawful driving habits.

To ensure accountability, Cobra teams do not impose fines directly but document violations via the BTP's Astram app, uploading photos of offending vehicles. Although, if an Assistant Sub-Inspector (ASI) is part of the Cobra team and a visible violation occurs, the vehicle may be intercepted and fined on the spot, provided it is during non-peak hours and doesn't obstruct traffic flow.

Technology-driven support

The Cobra teams operate in sync with digital tools such as the Astram app and the police wireless system, which keep them informed in real-time about accidents, breakdowns, and ambulance movements. "The alerts for ambulance movement are flashed instantly on wireless, ensuring Cobras can clear the path and provide immediate assistance," said a senior officer.

As part of broader efforts to improve traffic management, the City Police Commissioner has recently directed law and order police to step in and assist their traffic counterparts during emergencies or instances of heavy congestion. Additionally, a new feature on the BTP Astram app now allows citizens to directly report traffic violations, accidents, or obstruction-related issues. These measures are aimed at ensuring smoother traffic flow, quicker response during emergencies, and better coordination between different police wings to tackle congestion more effectively.

IN HIGH COURT

State told to seek lift on stay from single judge

The Karnataka High Court on Thursday directed the State government to approach the single judge with an application to vacate the interim stay on the Government Order (GO) issued on October 18, which classifies public gatherings of ten or more persons in public spaces, such as parks, playgrounds, and roads, without prior permission, as a criminal offence.

A division bench comprising Justice SG Pandit and Justice Geetha KB refused to interfere with the single judge's interim order dated October 28 and dismissed the State government's writ appeal, observing that the government could instead seek relief before the single judge.

'Go die' insufficient for abetment charge

The Karnataka High Court has held that simply telling someone to 'go and die' cannot be treated as abetment of suicide, granting bail to a man accused of driving his wife to take her life. The court observed that such a statement, though harsh, does not by itself amount to active instigation under the law unless there is evidence of sustained harassment or provocation directly leading to the act.

Justice Shivashankar Amarannavar made this observation while hearing a bail plea filed by a man whose wife had died by suicide at their rented home earlier this year.

'Centre has jurisdiction over BMRCL industrial disputes'

In a landmark judgment, the Karnataka High Court has ruled that only the Central government and not the State government has jurisdiction over industrial disputes involving the Bangalore Metro Rail Corporation Limited (BMRCL). The decision settles a long-standing debate on which government is the 'appropriate authority' under the Industrial Disputes Act, 1947, in relation to the metro operator's employees and labour matters. **–BMB**

CRIME FILE

Ex-director accused of stealing confidential data from Ola Electric

A former senior executive of Ola Electric Technologies Pvt Ltd has been accused of leaking confidential company data to an external website for personal gain. A case has been registered at the Southeast Cyber Crime Police Station.

The complaint alleges that Deepesh Rathore, who served as Director – Strategy from February 28, 2020, to February 6, 2025, misused his access to sensitive corporate information. The complainant claims Rathore transferred large volumes of confidential data from his official email to an external email account on November 18, 2024.

It is also said that the data was uploaded to a website called 'InsightEV' allegedly operated by Rathore. Police have registered a case and are expected to begin an investigation soon. **–BMB**

Man booked for threats, harassment, sharing wife's obscene images

A 32-year-old woman has filed a complaint with the police alleging that her husband has been harassing and threatening her for several months, including posting her private photos on social media.

In her complaint, the woman said Govinda, her huband, was addicted to online betting and would assault her during arguments. The victim has now filed a case against Govinda for physical and mental harassment, intimidation, and misuse of her private images. Amruthahalli Police have registered a case and are investigating further. **–BMB**

Domestic help booked for animal abuse and theft

A 29-year-old domestic help was arrested on Sunday for allegedly killing her employer's pet dog inside a lift in a Bengaluru apartment. The accused, Pushpalatha, a native of Tamil Nadu, has also been booked in a separate case for stealing gold jewellery from her employer's house. The stolen items include a gold necklace, a gold ring and a diamond ring. During questioning, police said Pushpalatha claimed she was frustrated by the dog's barking. **–BMB**

Woman uses tech skills to frame ex

The North Division Cyber Crime Police have arrested a 30-year-old software engineer who allegedly used her technical skills to hack into her former boyfriend's email account and implicate him in multiple hoax email cases as an act of revenge. The accused was found to be lodged in prison for similar offences. **–BMB**

Duo loot valuables worth ₹15 lakh

A couple, posing as distant relatives, allegedly tied up a woman and stole gold and silver valuables worth around Rs 15 lakh from her house in Neraluru, off Hosur Main Road, on Wednesday afternoon. The Attibele police have registered a case of robbery and launched a search for the accused. **–BMB**

Man held for attack on traffic constable

The Tilak Nagar police arrested KMF marketing manager Praveen TS for brutally assaulting traffic constable Umashankar R during a road rage incident at East End junction, Marenahalli Road, on Wednesday. Praveen faces charges including attempt to murder, wrongful restraint, obstruction in a public way, and intentional insult. **–BMB**

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Leafy vegetables have highest level of metals

CONTINUED FROM PAGE 1

Leafy vegetables, particularly spinach, were found to have the highest levels of all metals studied.

Notably, chromium concentrations in spinach from Nelamangala were found to be as high as 44.6 mg/kg, and the level of lead in spinach from Hosakote was 37.75 mg/kg. These values are much higher than the safety limits recommended by the Food and Agriculture Organisation of the United Nations (FAO) and the World Health Organisation (WHO).

The FAO/WHO set maximum permissible levels for heavy metals in vegetables, with specific limits for cadmium at 0.2mg/kg, lead at 0.3mg/kg, nickel at 67.9 mg/kg, and chromium at 2.30 mg/kg.

Experts say high concentrations of heavy metals in these vegetables are mainly due to atmospheric deposition and the use of contaminated water for irrigating farmlands.

"A poor correlation between soil and vegetable metal concentrations suggests that atmospheric deposition and contaminated irrigation water may be more significant contamination pathways than soil uptake alone. These findings highlight a serious, location-specific health risk associated with vegetable consumption in the Bengaluru region and underscore the urgent need for source-specific pollution control and targeted food safety monitoring," the study has noted.

Experts say that since groundwater and secondary treated sewage water are sources of irrigation in Bengaluru rural districts, along with neighbouring districts, to grow greens and vegetables, the groundwater and treated sewage water should be tested for the presence of heavy metals.

"While the Minor Irrigation Department is responsible for the project and Bangalore Water Supply and Sewerage Board treats the water, the water is not checked daily for the presence of heavy metals. We have witnessed the impact of treated water on vegetables and crops in the case of Varthur and Bellandur lakes. Harmful chemicals can also easily seep into groundwater, posing a significant threat to public health," said a city-based environmentalist.

In 2023, the issue of vegetable contamination by heavy metals and pesticides was also highlighted by the Environment Management Policy Research Institute (EMPRI). EMPRI had analyzed 400 samples of 10 vegetables in and around Bengaluru and found nickel, lead, cadmium, and iron levels higher than prescribed limits.

Following the study, the National Green Tribunal (NGT) took suo-motu cognizance and instructed authorities to carry out a detailed analysis of vegetables being sold in Bengaluru.

This led to the formulation of a Joint Committee by the Central Pollution Control Board (CPCB), which visited Bengaluru around February this year to conduct field surveys.

> **"While the Minor Irrigation Department is responsible for the project and Bangalore Water Supply and Sewerage Board treats the water, the water is not checked daily for the presence of heavy metals**
>
> — Environmentalist

The committee, comprising members from the Karnataka State Pollution Control Board (KSPCB), Food Safety and Standards Authority of India (FSSAI), ICAR Indian Institute of Soil Science (IISS)-Bhopal, and the University of Agricultural Sciences (UAS), conducted surveys in Chikkaballapura, Kolar, Nelamangala, and Ramanagara recently.

The present study was conducted by a group of researchers from the Department of Biotechnology, The Oxford College of Engineering.

State looks at new policy for contractual health staff transfers

The state government is examining a proposal to allow inter-district transfers of contractual health employees through a structured, policy-based recruitment process. This follows renewed requests from the Commissioner of AYUSH and earlier communications from the Managing Director of the National Health Mission (NHM) seeking clarity on transfers for long-serving contractual staff.

According to official correspondence reviewed by the state's Principal Secretary, a proposal for transfer of contractual employees across districts had been received earlier from the MD, NHM, based on requests from the employees. However, the government clarified that such transfers would not be legally permissible, since contractual employees are appointed by individual District Health Societies (DHS).

In response, the Principal Secretary stated that contractual employees wishing to move to another district would be required to resign from their current positions and apply for a fresh contractual appointment at their preferred location. These employees may be given preference during selection, along with seniority protection, pay protection, and age relaxation, to ensure continuity of service benefits.

A fresh proposal from the Commissioner of AYUSH highlighted that several contractual employees have been serving in the same postings for years, which, the department believes, is "not in the interest of administration." The proposal sought to implement a general transfer process through counselling, similar to that used for regular employees. However, the government reiterated that this too would not be permissible due to existing legal constraints. **—BMB**

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I KAREEM BEIG S/o Shafi Beig R/o No 26/1 3rd Cross Vinayakanagar O G Halli Bangalore 560026 have changed my name to KAREEM BAIG for all Purposes

WE, Santhosh Muralidharan and Shyamala Sathish Kumar R/o No.1, Sripoorna, 1st Floor, 22nd Main Road, Girinagara,B'luru-560085 have changed our minor daughter name from Samitha Santhosh Muralidharan to Samhitha Santhosh Muralidharan for all Purposes.

I Anupama Pipraiya W/O, Rajendra Panda R/O Definer Hilife KR Puram Bangalore have changed my name to Anupama Panda for all purposes

I Bharathi S/O, Hansraj Uttamchand R/o No. 172, Shivaji Road, Shivaji Nagar, Bangalore - 560051 have changed my name to Bharath Hansraj.

I, Mary Agnes Shubha H, w/o Gnana Prakash Anthony, R/o #382 12th Main Bank Colony Srinivasanagar B'luru-560050 have changed my name to Mary Agnes Shubha for all Purposes.

I, Akkamahadevi Jayadev Betkerur W/o Jayadev Basavaraj Betkerur R/o # 1095, Avanika Hopcoms Road, E&F Block, Ramakrishna Nagar, Mysore 570022 have changed my name to Akkamahadevi Patil for all purposes.

I, Sudhir Gopala Rao Savanth R/o 44, 2nd flr, 1st cross, Desai garden, Bikasipura, Doddakallasandra po, Bengaluru 560062 have changed my name to Sudhir Gopal Rao Savanth. I shall called by this name for all purposes

I, Mohanraj Naidu Colnal Ramaswamy Naidu S/o Colnal Ramaswamy Naidu R/o 192 Azven Breathe Villas, Thyvakanahally, Tyayakana Halli, Bangalore 562125 have changed my name to Mohanraj Naidu for all purposes

I, JULEE SINGH, W/o Vinit Jha, R/o No.87, Jindal Nagar Chikkabidarakallu, Nagasandra, Bengaluru North Bengaluru Rural – 560073 Karnataka, have changed my name from JULEE SINGH to JULEE JHA, at Bengaluru for all purposes.

I, FATHIMUTU RASEENA residing at Flat No. A02, Royal Green Apartment, Vishveshwaraiah Main Road, BTM 6th Stage, Near Bangalore Drug House, Hulimavu, Bangalore – 560076. I have changed my name to FATHIMUTHU RASEENA for all purposes. Vide affidavit dated 05/11/2025 sworn before notary. T V Govindappa Bengaluru

I, Ravi Teja Allam Louis, R/o G-01, No.13 & 19, Keystonne Residency, Venkateswara Layout,2nd Sector, HSR Layout, Somasundarapalya, B'luru-560102 have changed my name to Allam Louis Ravi Teja.

I, Chaitra Upadhya R/o Flat L108, BML palms Apt, Jamia masjid road, MS palya,Bengaluru 560097 have changed my name to Chaitra Chiranjeevi Upadhya. I shall be called by this name for all purposes

I, LAKSHMI.S, W/o Diwakar Kodihally Rangegowda, Resident of No. 392, J K Manison, Flat G1, 1st Floor, 6th Main, 14th B Cross, Mahalakshmi Puram, Bengaluru-560086, have changed my name to LAKSHMI SUBRAMANI, vide affidavit dt: 06-11-2025 sworn before notary Renuka .C, Bangalore.

I, GAJENDRAKUMAR PAUSKAR, Residing at No 7/2, 4th Main Road, Shashtrinagar, Banashankari 2nd Stage, Bangalore-560070, Have changed my name to GAJENDRAKUMAR VITHAL PAUSKAR, vide affidavit dated 05/11/2025 sworn before Notary R. J. Solanki Bangalore

I, Balaji Avala R/o 10/2A, Sri reddy splendid T-5, Ambalipura, Bengaluru 560103 have changed my minor daughter from Laksha Balaji Avala to Laksha Balaji. Affidavit Dt.06/11/2025 notary Harisha G, B'luru

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I, Ashish M J, r/at No 98, 8th Main Road, Bhuvaneshwari Nagar, T Dasarahalli, Bengaluru – 560057 have lost my 10th Marks Card issued by CISCE, New Delhi, bearing Unique ID: 7903496 during my travel. Police complaint given vide Lost Report No. 1886614/2025 dt. 05.11.2025. If found please call 9663330755.

TRESS TALK

Steps to prevent hair loss in winter

Winter might feel cozy, but it's not so kind to your hair. The cold weather and dry indoor heat can make strands weak, brittle and prone to falling out. What makes it worse are a few innocent post-shower habits you probably don't think twice about.

From the way you towel-dry your hair to how you style it afterward, small mistakes can lead to major hair loss. Here's how to stop them before they ruin your winter hair game.

1 Rubbing Your Hair With a Towel

Most people rub their hair vigorously with a towel right after a shower but this habit can be damaging, especially during winter. Wet hair is at its weakest and rough towel drying causes friction that leads to breakage and frizz.

Instead of rubbing, gently squeeze out excess water with a soft microfiber towel or an old cotton T-shirt. This helps reduce friction, keeps the hair cuticle smooth and minimizes seasonal hair fall caused by dryness and damage.

2 Combing Hair When It's Wet

Combing wet hair is one of the most common mistakes that worsen winter hair fall. Hair is most fragile when it's damp and tugging at tangles can cause breakage from the roots. Instead, allow your hair to air dry partially before detangling it.

Use a wide-tooth comb and start from the ends, slowly working your way up. This gentle approach helps maintain strength and prevents unnecessary shedding during the colder months.

3 Skipping Leave-In Conditioner

The winter air tends to be dry and harsh, stripping moisture from your strands after every wash. If you skip using a leave-in conditioner or serum, your hair becomes brittle and prone to fall.

Applying a nourishing leave-in product seals in moisture, tames frizz and creates a protective layer against cold winds. Look for formulas with natural oils like argan or coconut oil for deep hydration and softness.

4 Using Hot Tools Right Away

Blow-drying or straightening wet hair immediately after a shower can severely damage it. The combination of heat and water trapped in the strands causes them to swell and crack, leading to long-term hair thinning.

Always let your hair dry at least 70–80% naturally before using any heat tools. Applying a heat protectant spray also helps safeguard your locks from thermal damage during winter styling routines.

5 Ignoring Scalp Care After a Wash

Neglecting your scalp post-shower can contribute to winter hair fall. When the scalp is not moisturized or massaged, it becomes dry and flaky, affecting hair growth.

After washing, gently massage a few drops of lightweight hair oil or serum into your scalp. This boosts circulation, nourishes the roots and prevents dandruff-related shedding, keeping your hair healthy throughout the cold season.

6 Tying Up Damp Hair

Tying your hair while it's still damp might seem convenient but it traps moisture and weakens the strands. In winter, this can lead to bacterial buildup and increased breakage.

Damp hair held tightly in buns or ponytails can also cause traction on the roots, resulting in hair fall. Let your hair air dry completely before styling it and opt for loose hairstyles to avoid unnecessary stress on the scalp.

7 Overusing Heavy Hair Oils or Serums

While oiling is beneficial, using too much product right after a shower can make your scalp greasy and clog hair follicles. In winter, the scalp's natural balance is already sensitive, so over-oiling can lead to buildup and hinder growth.

8 Use a few drops of

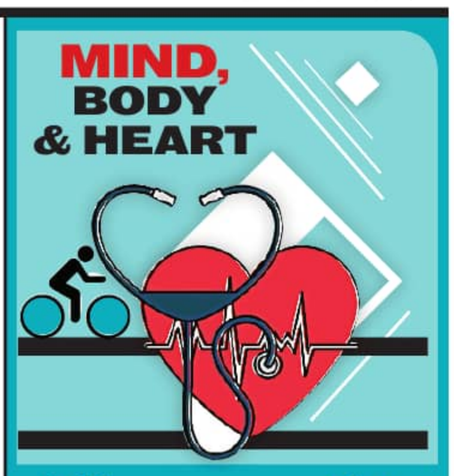
lightweight serum or diluted oil instead, focusing on mid-lengths and ends to retain shine and moisture without weighing your hair down.

Avoiding Post-Wash Protection From Cold Air

Stepping out with wet or semi-dry hair in the cold can cause severe damage. Low temperatures cause hair shafts to expand and contract, weakening the strands and making them prone to breakage.

The cold also draws out natural moisture, leaving your hair brittle and lifeless. Always ensure your hair is completely dry before heading outdoors. If you must go out, protect your hair with a scarf or hood lined with soft fabric.

—Unnati Seth, Femina



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2. Communication
Honesty and openness are strong terms for long term or any kind of relationship. It's not just about talking or communicating, it's about sharing your thoughts, feelings, and experiences in a way that will keep both partners understood and connected.

3. Quality Time
A long term relationship is not always about how long or how many times you both have spent time together, it's about the quality of the moments you share. It's necessary and essential to give your partner your full attention, even if it's just for a few minutes each day, while moving along with work.

4. Affection
It's one of the most powerful ways to strengthen emotional intimacy in a relationship. In long term relationships, small caring gestures can communicate love, comfort, and reassurance without words.

5. Small Act of Kindness
Giving small acts of kindness will keep the relationship alive and healthy. This doesn't need to be grand they're about showing your partner that you notice them, care for them, and are willing to make their day a little easier or brighter.

— Femina

MIRRORLIGHTS

India could generate 11 mn tonnes of solar waste by 2047: Study

India is projected to generate about 11 million tonnes of solar waste by 2047, largely from crystalline-silicon modules, according to two studies published on Thursday.

Managing this waste would require nearly 300 recycling plants across the country and an investment of around Rs 4,200 crore, said the studies by Delhi-based think tank Council on Energy, Environment and Water (CEEW).

The studies also said that recovering and reusing materials from discarded solar panels could create a Rs 3,700-crore market opportunity by 2047.

If this potential is realised, recovering valuable materials such as silicon, copper, aluminium and silver from solar waste could meet 38 per cent of the sector's manufacturing inputs by 2047 and avoid 37 million tonnes of carbon emissions by replacing virgin resources with recycled ones.

India's solar module recycling market is currently at a very early stage, with only a few commercial recyclers operating.

The CEEW studies provide India's first comprehensive blueprint for building a domestic solar recycling ecosystem that supports both clean energy and manufacturing self-reliance. **—PTI**

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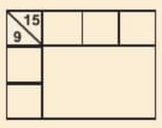
SOLVE IT IN A MINUTE

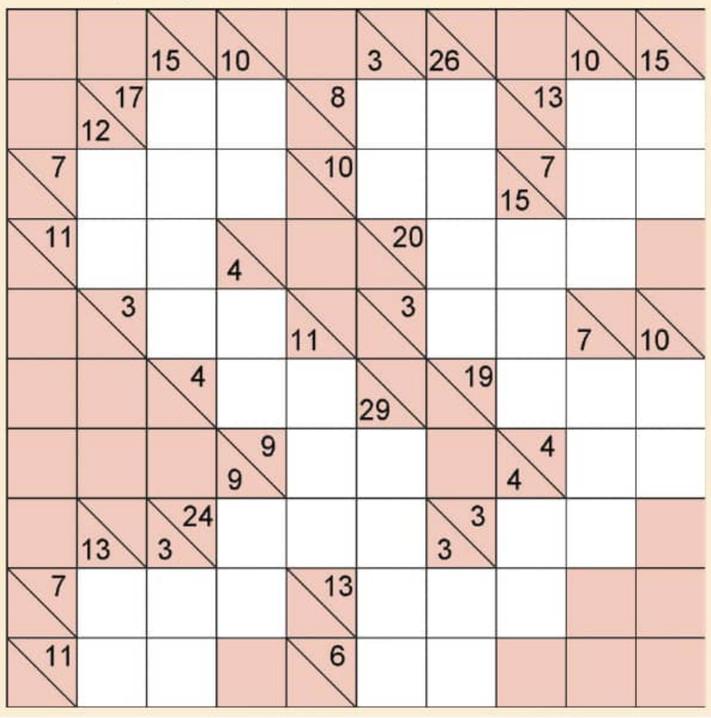
[14^75 + 14^76] / 14^75 = ?

Kakuro

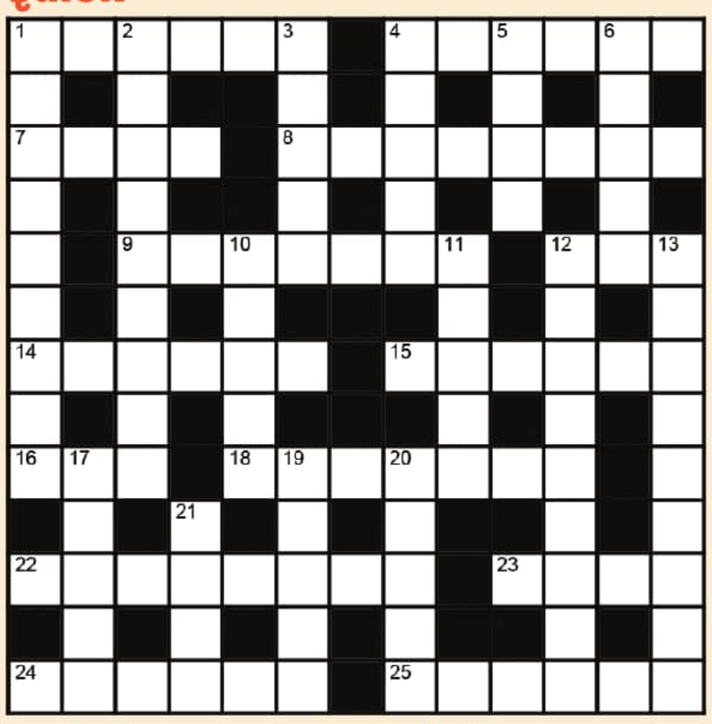
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 One-dimensional (6)
4 Unexpected (6)
7 Small chess-piece (4)
8 ___ ___ cups: What Donne Biryani is served in (4,4)
9 Disparagement (3-4)
12 Bend to acknowledge applause (3)
14 Temporary malfunction (6)
15 Perspires (6)
16 Cavity or hole (3)
18 Capital crime (7)
22 Incarcerated (6,2)
23 Hindu goddess (4)
24 Last Grand Slam tournament of the calendar year (2,4)
25 Most appealing to senses (6)

DOWN

1 Receiving enthusiastically? (7,2)
2 Low-grade paper just now in your hand? (9)
3 ___ in : persuaded to take part? (5)
4 Permit (5)
5 Reign (4)
6 Aristotle's teacher (5)
10 Understood (5)
11 Efts (5)
12 Sudden inspiration (9)
13 US military academy (4,5)
17 Desktop symbols (5)
19 French sculptor (5)
20 US ski resort (5)
21 Jump over (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS G

QZFJGSFJQ GEJ DSJQ VZY GJDD LBJ DJQQ IBSNEGJRSRN GELR GEJ DZRJDSRJQQ VZY FSNEG IJJD SI VZY QGZHHJC GJDDSRN GEJF.

Linemaro

Where do you hide your halo?

Mindchow

How you think when you lose determines how long it will be until you win

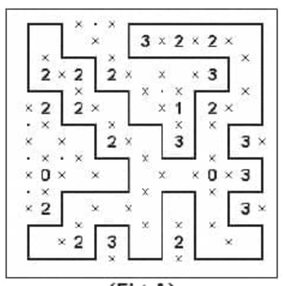
Joke of the day

I'm glad I don't have to explain to a man from Mars why each day I set fire to dozens of little pieces of paper, and then put them in my mouth

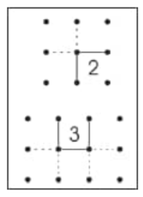
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

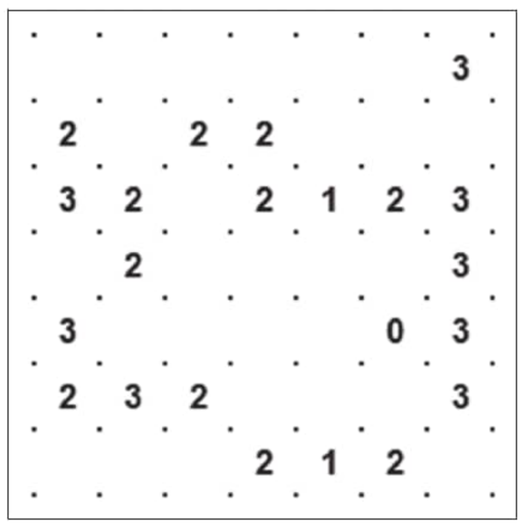


(Fig B) Not Allowed

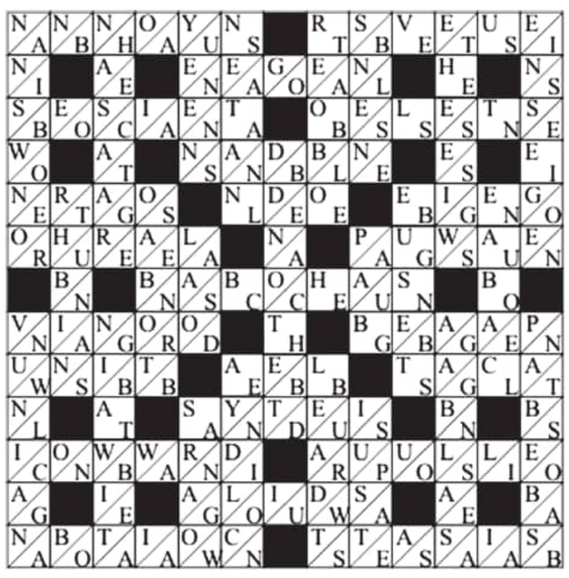
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



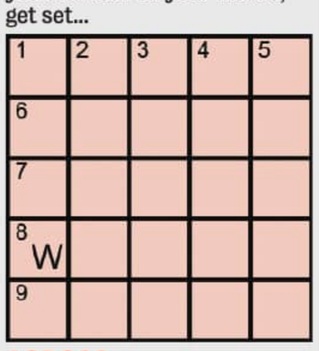
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Grips; 6 Rance;
7 N dash; 8 Sri HW;
9 I a duo

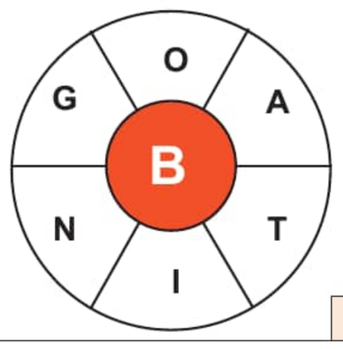
DOWN

1 Chaws; 2 Rah up;
3 Dinar; 4 I rind;
5 Segos

Mensapuzzle

Which letter follows next?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; **07** Good; **09** Outstanding

SudokuChallenge

	5						8	
8	6		7		1		3	2
		4		6		9		
2			3	1	7			8
7			4	9	5			6
		5		7		8		
9	1		8		6		4	5
	3						7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

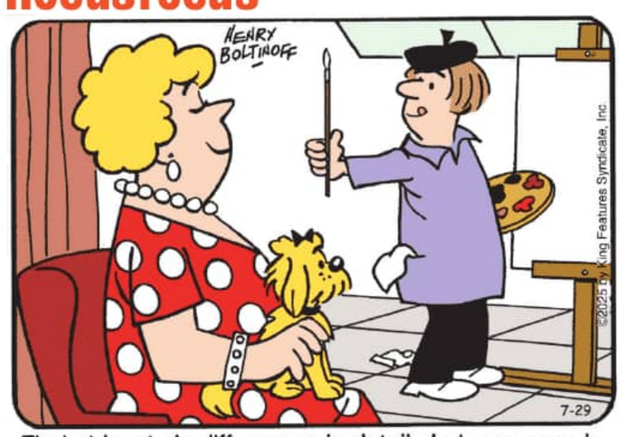
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 5
2 3 4 4

Medium = 41
1 2 7 8

Hard = 18
1 3 7 9

Hocusfocus



Find at least six differences in details between panels.

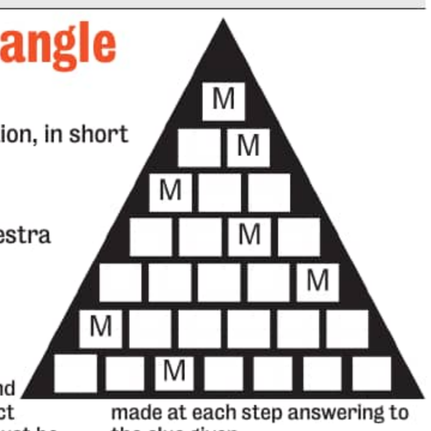
Differences: 1. Brush is larger. 2. Beret is reversed. 3. Bracelet is moved. 4. Canvas is smaller. 5. Woman's hair is different. 6. Smock pocket is moved.

Riddler

I am important to both human beings and animals. Both search for me but it is hard to find me. I travel to benefit them. What am I?

Alpha triangle

1 Bond's boss
2 In the morning
3 Periodic publication, in short
4 Ready to play
5 Glisten
6 Mutilate
7 Indonesian orchestra

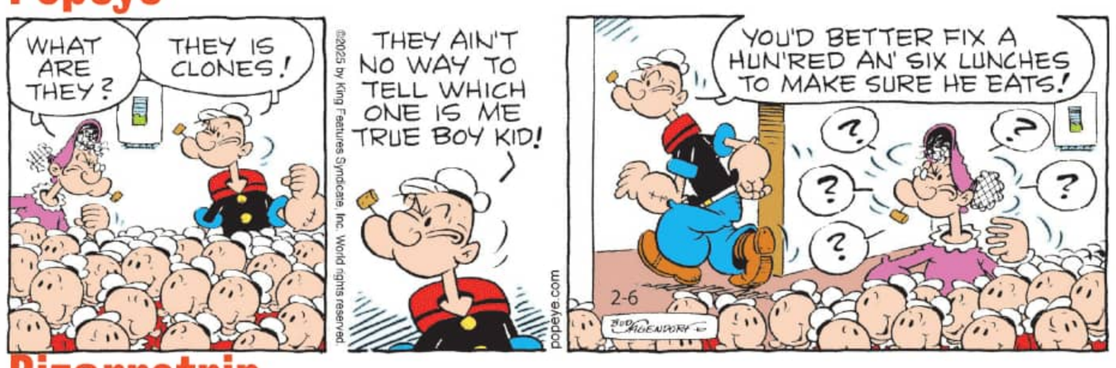


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


WHAT ARE THEY?
THEY IS CLONES!
THEY AIN'T NO WAY TO TELL WHICH ONE IS ME TRUE BOY KID!
YOU'D BETTER FIX A HUN'RED AN' SIX LUNCHES TO MAKE SURE HE EATS!
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popeye.com
2-6

Bizarrotrip

Diamond Lil

HEY, SURLI, SAY SOMETHING TO MAKE ME FEEL BETTER
YOU'RE NOT DEAD
THAT'S ALL YOU'VE GOT?
WHADDYA WANT FOR 8 GB?
©2025 creators.com 7/18
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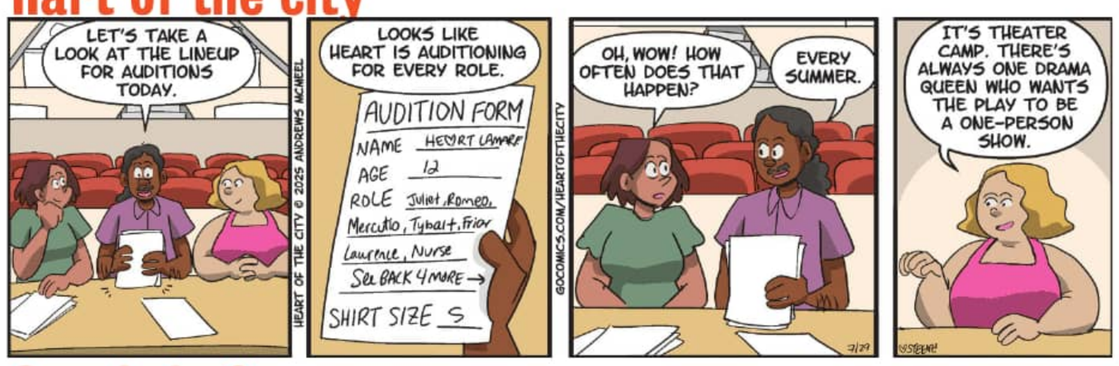
Hart of the city


LET'S TAKE A LOOK AT THE LINEUP FOR AUDITIONS TODAY.
LOOKS LIKE HEART IS AUDITIONING FOR EVERY ROLE.
AUDITION FORM
NAME HEART LAMARR
AGE 12
ROLE Juliet, Romeo, Mercutio, Tybalt, Friar Laurence, Nurse
SEE BACK 4 MORE →
SHIRT SIZE S
OH, WOW! HOW OFTEN DOES THAT HAPPEN?
EVERY SUMMER.
IT'S THEATER CAMP. THERE'S ALWAYS ONE DRAMA QUEEN WHO WANTS THE PLAY TO BE A ONE-PERSON SHOW.
HEART OF THE CITY © 2025 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

"A significant raise or recognition within your career field gives your finances a much-welcomed boost. Your love life remains harmonious, built on mutual respect and shared, meaningful interests. Family relationships are warm, supportive, and act as a true anchor in your life. Networking brings unexpected opportunities for growth."

Aries Mar 21–Apr 20

You're entering a powerful phase of independence and prosperity. Celebrate your progress while staying aligned with long-term goals. Maintain balance; hard work deserves joy, rest, and moments that recharge your spirit.

Taurus Apr 21–May 20

New opportunities are emerging; choose those aligned with joy and authenticity. Trust your talents and silence self-doubt. You've earned your place; step confidently into spaces where your true potential can thrive.

Gemini May 21–Jun 21

Love, laughter, and friendship fill your day. Celebrate life's beauty with those who uplift you. Express creativity freely; your playful spirit attracts growth, inspiration, and meaningful new experiences.

Cancer Jun 22–July 23

Speak honestly and assert your boundaries. Strength may unsettle others, but clarity invites respect. Ask direct questions instead of assuming; authentic communication strengthens understanding and deepens emotional connection.

Leo Jul 24 – Aug 23

"Confront what" "you've avoided with compassion. Silence holds wisdom; listen and heal. Transform emotional pain into empowerment; your courage will turn vulnerability into the strength" "that guides your evolution."

Virgo Aug 24–Sep 23

"Address financial or" "property discussions with honesty and confidence. Clear communication ensures stability. Love matters, but practicality leads today; your grounded approach secures future comfort and peace" "of mind."

Libra Sep 24–Oct 22

Pause before reacting to challenges. Reflect on your growth and make conscious choices that align with transformation. You're evolving beautifully; embrace this maturity as a sign of real inner strength.

Scorpio Oct 23–Nov 22

Step beyond selfdoubt and embrace opportunities to learn. Stay humble yet bold in pursuit of growth. Valuable lessons arise from experience; trust yourself to handle success with grace and wisdom.

Sagittarius Nov 23–Dec 22

Express your truth openly but choose your words thoughtfully. Communication now brings clarity about your next direction. This honest selfexpression will shape a stronger, more purpose driven chapter ahead.

Capricorn Dec 23–Jan 20

Every mistake becomes a steppingstone toward mastery. Reflect, learn, and move forward with confidence. You're exactly where you should be; your resilience is turning challenges into long-term empowerment.

Aquarius Jan 21–Feb 19

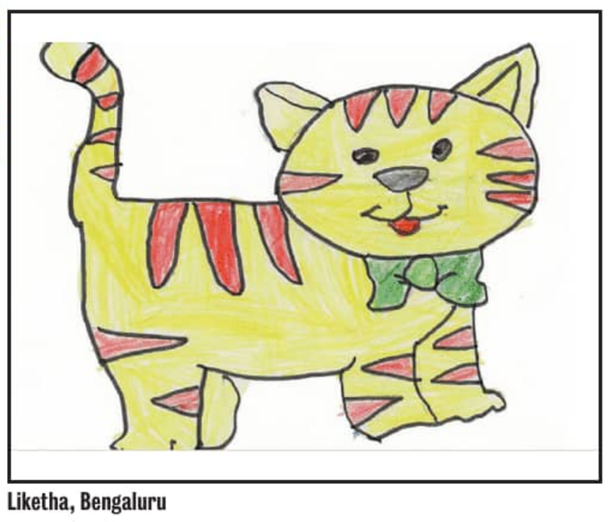
It's time to challenge limits and innovate boldly. Change inspires progress; trust your creativity and problemsolving skills. Stepping outside comfort zones now leads to breakthrough success and inspired confidence.

Pisces Feb 20–Mar 20

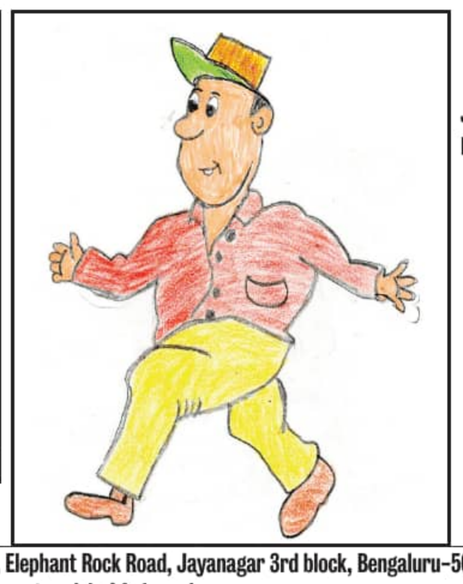
Lead with confidence and vision. Take initiative, connect strategically, and share your ideas boldly. This is your moment to stand out; plant seeds for future success and let your brilliance shine.

www.sundeepkochar.com

KIDZONE



Liketha, Bengaluru



Jeevan, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

$14^{75}(1+14)] / 14^{75} = 1+14 = 15$

RIDDLER A scent or smell. A scent is important to both humans and animals and both search for scents (for different reasons). A scent travels through the air to benefit humans and animals, again, for different reasons.

BULL'S EYE

bait, bang, bating, baton, bigot, bingo, boat, BOATING, obtain

FAST FIVE

S	P	R	I	G
C	R	A	N	E
H	A	N	D	S
W	H	I	R	S
A	U	D	I	O

STRIKE OUT

A	N	N	O	Y	S	■	T	S	E	T	S	E	■	■
N	■	E	■	E	A	G	A	N	■	H	■	N	■	■
S	E	C	A	N	T	■	B	E	S	E	T	S	■	■
W	■	T	■	S	A	B	L	E	■	S	■	I	■	■
E	R	A	S	■	N	E	E	■	B	I	N	G	■	■
R	U	R	A	L	■	A	■	P	U	S	A	N	■	■
B	■	B	A	C	C	H	U	S	■	B	■	■	■	■
V	I	N	O	D	■	H	■	B	E	G	A	N	■	■
U	N	I	T	■	E	E	L	■	S	A	L	A	■	■
■	T	■	A	N	D	E	S	■	B	■	■	■	■	■
C	O	W	A	R	D	■	A	P	O	L	L	O	■	■
A	■	I	■	G	O	U	D	A	■	E	■	B	■	■
N	O	T	I	O	N	■	S	T	A	S	I	S	■	■

QUICK

L	I	N	E	A	R	■	A	B	R	U	P	T	S	E
A	■	E	■	O	■	L	■	U	■	L	■	T	S	E
P	A	W	N	■	P	A	L	M	L	E	A	F	■	■
I	■	P	U	T	D	O	W	N	■	B	O	W	■	■
N	■	R	■	A	■	E	■	R	■	E	■	■	■	■
G	L	I	T	C	H	■	S	W	E	A	T	S	■	■
U	■	N	■	I	■	T	■	I	■	T	■	■	■	■
P	I	T	■	T	R	E	A	S	O	N	■	P	■	■
C	■	S	■	O	■	S	■	W	■	O	■	■	■	■
L	O	C	K	E	D	U	P	■	K	A	L	I	■	■
N	■	I	■	I	■	E	■	V	■	N	■	■	■	■
S	O	P	E	N	■	N	I	C	E	S	T	■	■	■

MENSA PUZZLE

X. Letters advance by 4, 5, 6 and 7.

QUOTE UNCODE

Sometimes the lies you tell are less frightening than the loneliness you might feel if you stopped telling them.

SUDOKU

1	5	2	9	4	3	6	8	7
8	6	9	7	5	1	4	3	2
3	7	4	2	6	8	9	5	1
2	4	6	3	1	7	5	9	8
5	9	3	6	8	2	7	1	4
7	8	1	4	9	5	3	2	6
4	2	5	1	7	9	8	6	3
9	1	7	8	3	6	2	4	5
6	3	8	5	2	4	1	7	9

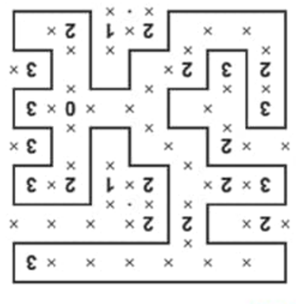
ALPHA TRIANGLE

M, Am, Mag, Game, Gleam, Mangle, Gametan.

GO FIGURE

Easy
2–4 + 4 + 3 = 5
Medium
7–2 x 8 + 1 = 41
Hard
3 + 9–1 + 7 = 18

LOOP



KAKURO

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 # Miss Piggy on big screen
Jennifer Lawrence, Emma Stone, Cole Escola team up to bring a movie on The Muppet diva Miss Piggy

Save the date

Rashmika Mandanna and Vijay Deverakonda's wedding buzz has taken over the internet. The much-loved duo, adored for their palpable chemistry, both on and off screen, has become the talk of the town ever since news of their engagement came to light.

The 'Arjun Reddy' actor's team confirmed the happy development in October 2025, sending fans into celebration mode.

Now, newer reports suggest that the couple is ready to take the big step in their relationship. After a quiet engagement last month, the 'Pushpa' actress and the 'Khushi' actor are reportedly planning a dreamy royal wedding earlier next year.

A viral post on social media by the cinegossips, has claimed that the wedding will take place on February 26, 2026 at a beautiful palace in Udaipur. This rumored development has spread like wildfire, and fans are already calling it the most-awaited wedding of the year. However, neither Rashmika Mandanna nor Vijay Deverakonda has officially confirmed or denied the news.

During a recent promotional event for her film 'Thamma', the 'Animal' actress was asked about her engagement. With her signature smile, she had simply replied, "Everyone is aware about it," leaving fans even more excited.

—ETimes

IN A STAND-OUT ROLE

Nora Fatehi talks about how she navigated struggles of acting career

While Nora Fatehi has taken on roles in films like Bhuj: The Pride of India and Madgaon Express, this year she is looking to strengthen her presence in films. The actress, known for dance numbers such as Dilbar, O Saki Saki and Hai Garmi, is set to make her Tamil cinema debut with Kanchana 4. Excerpts from a quick chat.

As someone of Moroccan-Canadian origin, venturing into a new industry came with its own set of challenges, but Nora embraced them. She says, "South Indian cinema has always fascinated me — not just for its scale and storytelling, but also for the sheer passion and discipline that goes into every frame. Kanchana 4 was an opportunity to push myself creatively and take on a role that's intense, performance-driven and rooted in a different cultural rhythm. Learning Tamil was definitely one of the bigger challenges. I spent a lot of time preparing for it."

Nora recalls that she was tough on herself when she started her career in Bollywood. "In the early years, I was extremely hard on myself," she says, adding, "I had this constant pressure to prove myself and never show weakness. I was in a new country, in a competitive industry and with no connections. So, I pushed myself beyond limits, physically and emotionally."

The actress, who attended the Paris Fashion Week earlier this year, says that for her, fashion has a deeper meaning. "I never wanted to just fit in; I wanted to stand out."

—Onkar Kulkarni, ETimes

Little joys

Ranbir Kapoor and Alia Bhatt's adorable daughter, Raha, is celebrating her 3rd birthday today. The much-loved star kid was born on November 6, 2022, a few months after her parents tied the knot in an intimate ceremony at their Bandra home.

About a year ago, during a conversation with Allure magazine, Alia Bhatt shared a sweet detail about her daughter Raha. "First time my daughter Raha, she said 'mama', it was just me and her, we were playing on her playing mat. And before that, the back story is, there was a fight at home, okay, between whether she's going to say mama first or papa first. So, of course, mama was like 'mama, mama, mama' and papa was like 'papa, papa, papa'. When she said it, it was just me and her. I immediately pulled out my phone, okay, and I was like 'say it, say it again, what did you just say, what did you just say, just say it again'. And she was like (mimicking) 'mamama'. Okay, I was like 'Raha say it in a normal voice, say it in a normal voice'."

The 'Gangubai Kathiyawadi' actress shared memories, "But then she fully said, like 'mama'. Of course, we take a great joy and pride in that moment. So I remember that moment very clearly and I have it on video. So if anybody needs proof, she said 'mama' first."

—ETimes

An unwavering love

Love U Muddu is based on a story of two lovers from Solapur in Maharashtra. Director Kumaar L, known for Chemistry of Kariyappa and Critical Keerthanegalu, has done a good job adapting the story of Akshay Narayankar and Anjali Bhai Shinde and in conveying a message to society. The movie is about the significance of bonds and commitment that remains strong during the toughest times in life. The selection of cast, especially the lead pair, is also apt. Siddu Moolimani and Reshmaa have successfully portrayed Akash and Anjali (the real life couple) in their innocence, bravery, and determination. Cinematographer Krishna Deepak adds value to the movie by capturing the greenery of Sakaleshpur and surrounding areas. Songs are melodious and meaningful and music director Aniruddha Sastry has composed soulful tunes.

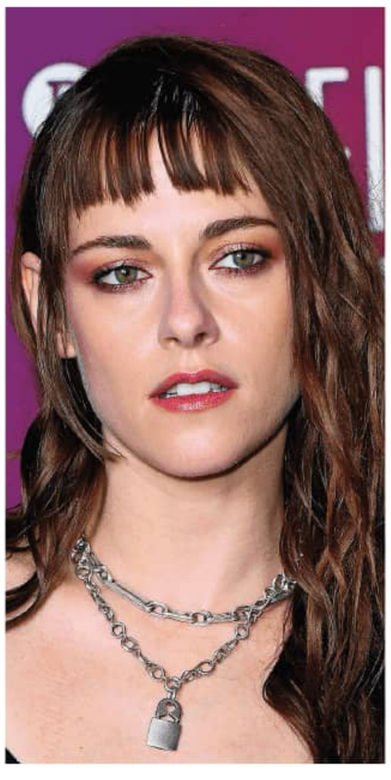
LOVE U MUDDU
3.5 RATING ★★★½☆
- **DIRECTOR** Kumaar L
- **ACTORS** Siddu Moolimani, Reshmaa, Rajesh Nataranga, Tabala Nani, Girish Shivanna, Srivatsa Shyam
- **CERTIFICATION** U/A
- **Duration** 132 minutes

The movie begins with a scene on a sea shore where three people, including a woman in a wheelchair, are seen spending time. At this juncture, the director introduces a flashback. It is about Karna (Siddu Moolimani), who is born with a silver spoon in his mouth, but working as a reporter for a TV channel despite his passion is photography. He is on the way to Karkala to celebrate his late mother's birthday while his father (Rajesh Nataranga) has been busy with office work. Karna meets Sumathi (Reshmaa), a dedicated teacher at a school in Karkala. Sumathi mistakes Karna and slaps him. Later, she realises her mistake and apologises to him. He decides to marry her but his father has other ideas. You have to watch the movie to know what happens to both lovers.

It may not be an exaggeration to say that the lead pair - Siddu Moolimani and Reshmaa - is at its best. Both have added value to the true story with their sterling performances. Senior actors Rajesh Nataranga, Tabala Nani, and Girish Shivanna have provided good support with their dialogue delivery and gestures. The climax indicates a sequel to this movie that highlights the value of true love.

It is worth a watch for family audiences.

—Y Maheswara Reddy



Kristen slams treatment of women filmmakers

Kristen Stewart discussed the representation of women filmmakers and whether they are receiving their due in Hollywood during the keynote address at the Academy and Chanel's Women's Luncheon in Los Angeles, according to Variety.

"In a post-MeToo moment, it seemed possible that stories made by and for women were finally getting their due, that we might be allowed or even encouraged to express ourselves and our shared experiences, all of our experiences without filter," she said after being introduced by Academy president Lynette Howell Taylor, adding, "But I can now attest to the bare-knuckle brawling that it takes every step of the way when the content is too dark, too taboo, when the frankness with which it serves up observations about experiences routinely experienced by women, frequently provokes disgust and rejection."

According to Variety, she argued that these experiences are authentic and deserve to be told with authenticity.

—ANI

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